City of College Park June 2020



# CITY OF COLLEGE PARK SENIORS PROGRAM NEWSLETTER

#### FOR CITY OF COLLEGE PARK SENIORS

## Greetings College Park Seniors,

Safeguards remain in effect for COVID-19 (Corona Virus) as cases continue to rise. Safety measures are recommended to slow the spread of the virus. Excellent buffers include social distancing; masks or other covering for the mouth and nose; hand washing; refraining from touching eyes, nose and mouth; covering coughs and sneezes and disinfecting frequently touched surfaces. We encourage you to stay at home excluding essential services.

For the City's current information on COVID-19 visit www.collegeparkmd.gov\covid19.

#### STAY CONNECTED

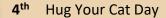
## Safe ways to stay connected:

- Telephone calls, text, email
- Write and mail letters and cards
- Share meals with family and friends over video calls
- Play online games with friends

More computer savvy individuals might be interested in:

- Live streaming workouts
- Live Snapchat
- Host a virtual party
- Skype or Facetime family/friends

## Fun Dates to recognize in June 2020



**7**<sup>th</sup> Chocolate Ice Cream Day

8<sup>th</sup> Best Friends Day

10<sup>th</sup> Iced Tea Day

**12**<sup>th</sup> Flip Flop Day

**14**<sup>th</sup> Flag Day

18<sup>th</sup> International Picnic Day

19<sup>th</sup> Juneteenth

**20**<sup>th</sup> First Day of Summer

21st Father's Day

JUNE also serves as National Alzheimer's Month Aphasia Awareness Month, Cataract Awareness Month and Men's Health Month

#### **IMPORTANT PHONE NUMBERS**

Seniors Program 301-345-8100 Medicare 1-800-633-4227 Social Security 1-800-772-1213

#### City of College Park Seniors Program Staff

Angie Burns Seniors Program Manager
Fatima Knight Seniors Advocate
Deidre Massey Administrative Assistant
Donna Jones Seniors Social Coordinator

#### Bus Operators: Marina Guzman

James Eubanks Joseph Shearin City of College Park June 2020



## Immune Boosting Orange Smoothie

Shake the "sluggies". Treat yourself to a healthy and delicious boosting smoothie!

Large Orange Peeled
 Medium Banana
 cup Frozen Mango Pieces
 cup Almond Milk
 Teaspoon Vanilla Extract
 Place all items into a blender and mix well.

Seniors Program staff are still working! You may reach us at 301-345-8100.

## What Can I DO While Socially Isolated?

## Line Dance with Karen on Fridays, via Zoom!

Yes, that's right Line Dancing!
With the help of the College Park
Arts Exchange, access for you to
enjoy line dancing using a
computer or smart phone, is
now available. Our favorite
Jessie's Soul Line Dance
instructor Karen, will lead you



through steps to some of your favorite tunes on Friday mornings at 9:30am. See schedule and link below:

Schedule: 9:30 AM June 5, 2020

June 12, 2020 June 19, 2020

Link to View Class:

## https://us02web.zoom.us/j/87026255051

Download Zoom OR run from your browser

Click on If you cannot download or run the application, join from your browser.

See Join a Meeting Type Your Name Check I'm not a robot

Click Join

### **Exercise Your Mind!**

Unscramble the names of spices and seasonings:

**EGGNIR NONACNIM HEMTY VECSOL SPRYALE MUGENT RSYMORE ROONAGE SLAIB** MUINC MARDMOCA **PLEACLIS MICERRUT** RIPPAAK **RYCRU** JAMRORAM NYACEEN **GRANTOAR** 

\*\* If you would like to receive a monthly email version of the College Park Seniors Newsletter, sign up by visiting: www.collegeparkmd.gov/cpconnect

The newsletter is also available for viewing online in the Social Activities Section on the city website:

https://www.collegeparkmd.gov/seniorsprogram